

27 MARCH 2015

# Pass it on...

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**ACS MILITARY CHILD APPRECIATION BOWLING**

Military Parents and Children: Join Army Community Service staff as they celebrate "Month of the Military Child" with free bowling, free pizza and free great parenting resources April 11 from 12:30-5 p.m. at Thunder Alley Lanes, building 1511. Cosmic Bowling is from 1-3 p.m., and regular bowling is from 3-5 p.m. For more information, contact Dr. Ken Robinson at 524-1991.

**CARBOARD BOAT RACE (FLYER)**



# Cardboard Boat Race

Build a boat out of Duct tape and Cardboard!

April 10 3:00-6:00 p.m.

Iron Horse Indoor Pool



## Pre-Register by April 8

\$5 per team, pay at registration.

Grand Prize is a 2 hour pool party at the outdoor pool for up to 300 people and will be awarded to the winners of the following contests:

- 1st place finisher in Cardboard Boat Race
- Best Team Costume with Matching Boat Contest
- Biggest Cannon Ball Splash Contest

- Limited to (20) 5 person teams
- Boat **MUST** be built at HOME
- Register at Iron Horse Pool for Official rules.
- Open to DoD ID cardholders.
- Teams given 1 Roll of Duct Tape & 1 Piece of Chloroplast

**Questions? Call 526-4093**



More Events and Info at  
[www.mwrfortcarson.com](http://www.mwrfortcarson.com)



Fort Carson Aquatics  
CarsonDFMWR



Follow us!  
@carsonmwr



Iron Horse Sports & Fitness Center  
6415 Specker Ave., Building 1925  
Fort Carson, CO 80913

# NEEDED: CYS SERVICES YOUTH SPORTS & FITNESS COACHES



**So you're thinking about volunteering as a Youth Sports Coach? Here's what you should expect:**

- Pass a background check which must be completed **BEFORE** working with our youth
- Attend mandatory pre-season training (3 hours)
- 2-3 hours per week for practices and games
- Communicate with the Youth Sports staff and the parents on your team
- An 8-week season of **FUN!!!**



## Why volunteer as a Youth Coach???

- Discount on sports enrollment for your children
- Promotion points for active duty
- Volunteer hours for everyone
- Build a resume
- Making a difference in the lives of the youth in our community
- Because it just feels great

## INTERESTED???

Contact the Youth Sports office in the Youth Center (5950 Ware Street) to pick up your application or by phone, 719-526-4425, for more information.



More Events and Info at  
[www.mwrfortcarson.com](http://www.mwrfortcarson.com)



Carson CYSS  
CarsonDFMWR



@CarsonMWR  
#CarsonMWR



Youth Sports @ Youth Center  
6181 Ware St., Bldg. 5950



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### COMMUNITY SUNRISE SERVICE

The Fort Carson Community Sunrise Service takes place April 5 at 6:30 a.m. at Founders Field (Nelson Boulevard and Chiles Avenue, east of Soldiers' Memorial Chapel. An Easter Breakfast immediately follows the service at Veterans Chapel (Titus Boulevard and Magrath Avenue).

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### EASTER BRUNCH (FLYER)

**Elkhorn Catering & Conference Center**

# Easter Brunch

## April 5, 2015

**1st Seating 10:30 a.m. 2nd Seating 12:30 p.m.**  
**\$24.95 Adults, \$9.95 Kids 6-12, & free for kids 5 and under.**

**Reservations and Pre-payment Due by April 1st!**

- Meet the Easter Bunny
- Easter Egg Hunt
- Drawing for It's Family Food & Fun gift cards
- Guitarist for Entertainment
- Each child receives an Easter Egg filled with Candy
- Balloon Twisters on Site

**Questions? Call 576-6646**

More Events and Info at: [www.mwrfortcarson.com](http://www.mwrfortcarson.com)

The Ivy Irish Pub  
CarsonDFMWR

@CarsonMWR  
#CarsonMWR

Elkhorn Catering/Conference Center  
1725 Woodfill Rd., Bldg. 7300  
Fort Carson, CO 80913

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### **EFMP EASTER BUNNY PHOTOS**

The Exceptional Family Member Program (EFMP), in collaboration with ACI Learning Centers, will be hosting a "Photos with The Easter Bunny" event April 4 from 9 a.m. to 1 p.m. BY APPOINTMENT ONLY at Army Community Service (ACS), Building 1526. This photo opportunity is free for children enrolled in the EFMP with a documented diagnosis of: autism spectrum disorder; sensory processing disorder; severe chronic medical condition; significant medical need; and/or medically fragile condition. Parents, siblings, and service animals are welcome to participate in the photo as well. Space is limited and appointments are REQUIRED. To sign up, go to <http://www.eventbrite.com>, search for "EFMP Photos with the Easter Bunny" and select the number of attendees (website will prompt you to purchase ticket, the purchase a ticket option is simply reserving your spot. This is a no-cost activity). All RSVPs will be placed on a waiting list and EFMP enrollments will be verified and reviewed by a panel to ensure qualifications are met. Families will then be notified of available appointment times. For questions regarding qualifications, please contact the ACS EFMP at 526-4590. To RSVP, contact Sunny Ginter or Tiki Derrickson at 526-4590.

## **EFMP EVENTS COMING UP (FLYERS)**

**\*\*Ft. Carson EFMP Meet-up (formally EFMP Special Needs Activity Group (SNAG))**  
The Exceptional Family Member Program (EFMP) & New Parent Support Program (NPSP) facilitate a monthly meet-up group for parents of special needs children called EFMP Meet-up. The EFMP Meet-up is a GREAT place for parents of children who have health needs/concerns such as: Allergies, G-tube feeding, Autism Spectrum Disorder, learning disabilities, ADHD, Downs Syndrome, etc...to give and receive support from other parents as well as discuss special needs topics.

EFMP Meet-up group schedule:

Monday, March 30 (9:00am to 10:30am)


Monday, April 27 (9:00am to 10:30am)

Monday, May 25 (9:00am to 10:30am)

Meeting location is The Family Connection bldg 1354, Berkeley. Parents are encouraged to come to the group, even if their children cannot attend. If your children will be attending the group with you, you must RSVP to Jessica Brown or Sunny Ginter at (719) 526-4590. Parents can also register to attend at [www.eventbrite.com](http://www.eventbrite.com). Search for Ft. Carson EFMP Meet-up, and select the number of attendees (website will prompt you to purchase ticket, the purchase a ticket option is simply reserving your spot. THIS IS A NO-COST ACTIVITY).

### **EFMP Meet-Up Group**

**Parent to Parent Support & Education**



The Exceptional Family Member Program (EFMP) & New Parent Support Program (NPSP) facilitate a monthly activity group for parents of special needs children called EFMP Meet-Up Group, formally known as SNAG.




EFMP Meet-Up group is a GREAT place for parents of children who have health needs/concerns such as: Allergies, G-tube feeding, Autism Spectrum Disorder, learning disabilities, ADHD, Downs Syndrome, etc...to give and receive support from other parents as well as discuss special needs topics.

**EFMP Meet-Up Group Schedule**  
Monday, January 26 (9:00am to 10:30am)  
Monday, February 23 (9:00am to 10:30am)  
Monday, March 30 (9:00am to 10:30am)  
Monday, April 27 (9:00am to 10:30am)  
Monday, May 25 (9:00am to 10:30am)

EFMP Meet-Up Group meets the last Monday of every month. Meeting days may be adjusted due to the holiday or holiday week. Meeting location is the Family Connection Center, Bldg. 1354, on Berkeley Ave.

Parents are encouraged to come to the group, even if their children cannot attend. If your children will be attending the group with you, you must RSVP to Jessica Brown or Sunny Ginter at (719) 526-4590. Parents can also register to attend at [www.eventbrite.com](http://www.eventbrite.com). Search for EFMP Meet-Up Group, and select the number of attendees (website will prompt you to purchase ticket, the purchase a ticket option is simply reserving your spot. THIS IS A NO-COST ACTIVITY).

**Parent to Parent Support & Education**



Exceptional Service  
Exceptional Families

## FINANCIAL COUNSELING FELLOWSHIP FOR MILITARY SPOUSES (FLYER)



NATIONAL  
MILITARY FAMILY  
ASSOCIATION

Together we're stronger

### FINRA Foundation Military Spouse Fellowship

The Association of Financial Counseling and Planning Education® (AFCPE®), in partnership with the National Military Family Association and the FINRA Investor Foundations, is pleased to announce the FINRA Foundation Military Spouse Fellowship for the AFC® (Accredited Financial Counselor) program.

The fellowship program strives to:

- ✦ Train military spouses to provide financial counseling and education within the military community
- ✦ Help military spouses achieve career goals and aspirations and enhance job-related marketability
- ✦ Develop personal financial management skills of military families.

*"Being awarded the Military Spouse Fellowship continues to be a great experience. I received this honor in 2007, when my husband was still on active duty. We have moved twice since then but the credential and the support of AFCPE and FINRA have followed me to each new address. I appreciate the added credibility that I have with this certification, and it is increasingly recognized among potential employers. The knowledge gained during the program and in continuing education activities have been useful to me both personally and professionally. The most valuable aspect of the program is one I couldn't have anticipated, meeting other Military Spouse Fellows. At conferences and online groups (such as Facebook and LinkedIn), I have made friends, professional contacts, and found a supportive and helpful resource of other military spouses who "get it." I am grateful for this fellowship and the continued rewards of this program."*

Katie Leiva, AFC® 2007 Military Spouse Fellow

The 2015 Military Spouse FINRA Fellowship Application will  
be open March 2, 2015 through April 17, 2015

Visit [www.militaryspouseafcpe.org](http://www.militaryspouseafcpe.org) for more information





### **FORT CARSON MILITARY INTELLIGENCE BALL (FLYER)**

All Military Intelligence Soldiers and Civilians are invited to the Fort Carson Military Intelligence Ball April 10th at the Antlers Hotel. Tickets are \$30 for Tier 1 (E1-E4), \$40 for Tier 2 (E5-E7, WO1-CW2, O1-O3, GS12 & below) and \$50 for Tier 3 (E8-E9, CW03+, 04+, GS13+, retirees). Entree choices are : Braised Beef Ribs, Potato Gnocchi or Mahi Mahi. CYS childcare (for registered children) is available for the evening. Attire is Military Formal: Dress Mess or ASU with Black Bow Tie and Civilian Formal: Black Tie and Evening Gown. The guest speaker for the evening will be CSM David M. Clark, Command Sergeant Major, 4th Infantry Division & Fort Carson. Tickets can be purchased through unit POCs or my contacting CPT Michelle McCarroll at [michelle.s.mccarroll.mil@mail.mil](mailto:michelle.s.mccarroll.mil@mail.mil) or 719-503-0456.

**Ticket Prices**  
Tier 1 (E1-E4): \$30 | Tier 2 (E5-E7, WO1-CW2, O1-O3, GS12 & below): \$40 |  
Tier 3 (E8-E9, CW03+, 04+, GS13+, retirees): \$50

You are cordially invited to the

## Fort Carson Military Intelligence Ball

On Friday, the Tenth of April  
from six o'clock in the evening until midnight

Guest Speaker:  
CSM David M. Clark  
Command Sergeant Major, 4<sup>th</sup> Infantry Division & Fort Carson

Attire:  
Military Formal: Dress Mess or ASU with Black Bow Tie  
Civilian Formal: Black Tie and Evening Gown

The Antlers Hilton Colorado Springs  
4 South Cascade Avenue  
Colorado Springs, Colorado 80903



**Tickets available through March 27, 2015**  
Hotel Reservations: (719) 955-5600 | [www.antlers.com](http://www.antlers.com) | Group code "MIBAL"



## FREE TAX RETURN PREPARATION (FLYER)

**FREE!!!**

# FORT CARSON TAX CENTER

## FREE Tax Return Preparation

**Opening Day:**  
**2 February 2015**  
**Last Day:**  
**15 April 2015**

**Location:**  
1358 Barkley Ave.  
Ft Carson, CO

**Hours: Mon-Fri**  
**0900-1600**

**Open on all**  
**Training Holidays**

**\*Closed all**  
**Federal Holidays**

The Fort Carson Office of the Staff Judge Advocate is pleased to announce the re-opening of the Fort Carson Tax Center. We will offer FREE income tax preparation services for both State and Federal tax returns to all Active Duty Service Members, mobilized Reservists (with orders), dependents, and Retirees. All preparers are certified by the IRS as both military and advanced income tax preparers. In 2014, the Tax Center prepared over 3,712 federal returns and over 2,948 state returns. We saved our clients over \$900,000 in tax preparation fees.

**At your appointment,** be sure to have the following documents available, if applicable:

- A copy of your 2013 tax return
- W-2's, 1099s, and 1098's
- Social Security Cards for you and your dependents
- Copies of court orders for divorce, child custody, and child support and Form 8332 if post-2008 divorce
- Documentation of the following:
  - Childcare costs
  - IRA Contributions
  - Stock, bond, or mutual fund sale
  - Alimony paid or received
  - Bank account and routing numbers if you expect a refund and wish to receive it via direct deposit
  - A Special Power of Attorney if you plan to sign a tax return for a deployed service member.

### TAXES ARE DONE BY APPOINTMENT ONLY

You can call, send a message via Facebook, or email.

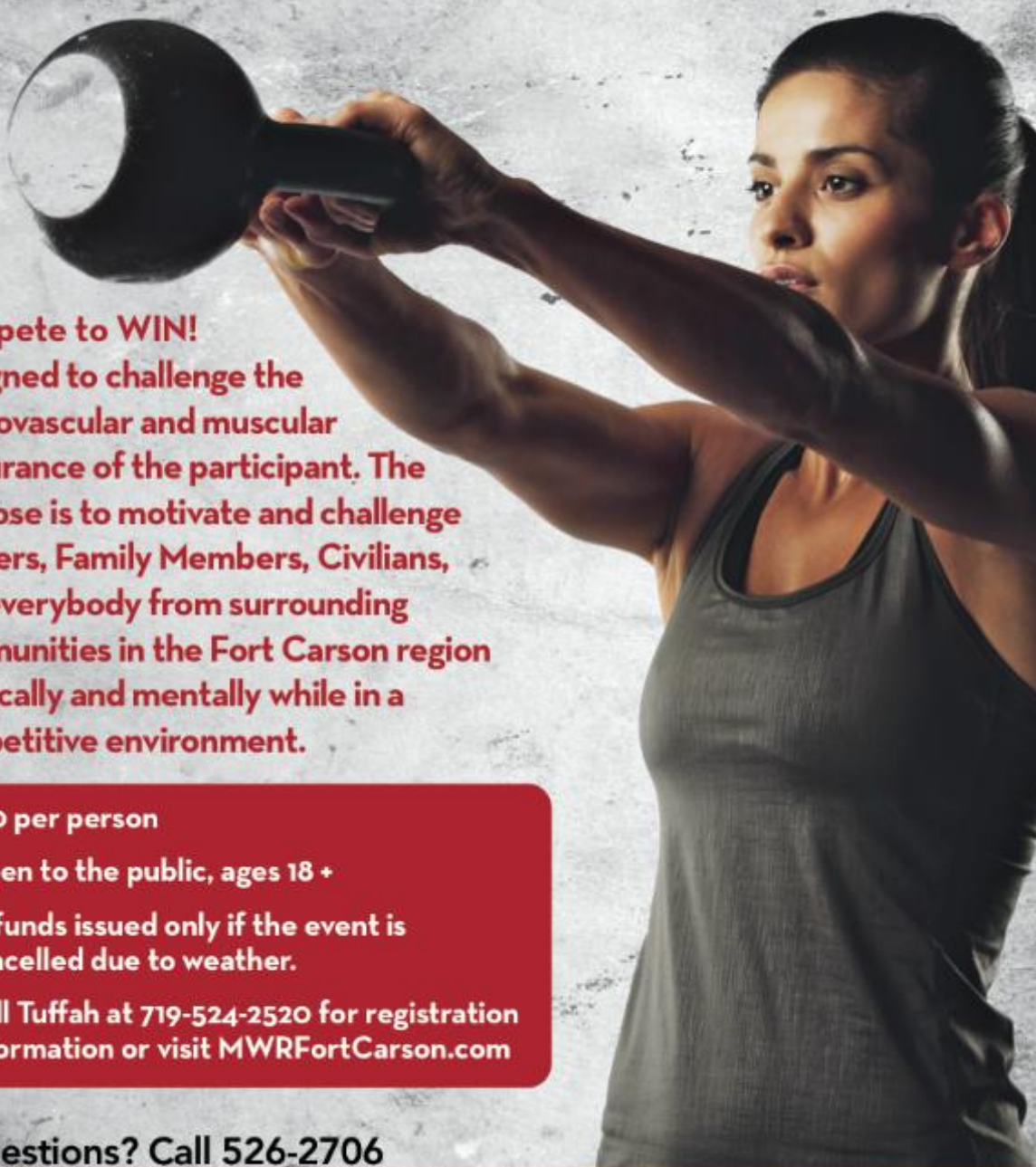
**\* We will begin scheduling appointments on 26 January 2015.**



**APPT LINE NUMBER:**  
**719-524-1013**

**FACEBOOK:**  
<https://www.facebook.com/#!/carsontax>

**APPT BY EMAIL:**  
[usarmy.carson.4.id.list.sja-tax-center@mail.mil](mailto:usarmy.carson.4.id.list.sja-tax-center@mail.mil)

## FUNCTIONAL FITNESS SPRING THROWDOWN (FLYER)







 **FUNCTIONAL FITNESS  
SPRING THROWDOWN** | **APRIL 11**  
9 A.M.-2 P.M.   
AT IRON HORSE PHYSICAL FITNESS CENTER

**Compete to WIN!**  
Designed to challenge the cardiovascular and muscular endurance of the participant. The purpose is to motivate and challenge Soldiers, Family Members, Civilians, and everybody from surrounding communities in the Fort Carson region physically and mentally while in a competitive environment.

- \$20 per person
- Open to the public, ages 18 +
- Refunds issued only if the event is cancelled due to weather.
- Call Tuffah at 719-524-2520 for registration information or visit [MWRFortCarson.com](http://MWRFortCarson.com)

**Questions? Call 526-2706**

 More Events and Info at [MWRFortCarson.com](http://MWRFortCarson.com) |  Iron Horse Sports-Fitness-Center CarsonDFMWR |  @carsonmwr #CarsonMWR |  Iron Horse Physical Fitness Center 6415 Specker Ave., Building 1925 Fort Carson, CO 80913



**GRANT LIBRARY SAFARI DAY (FLYER)**

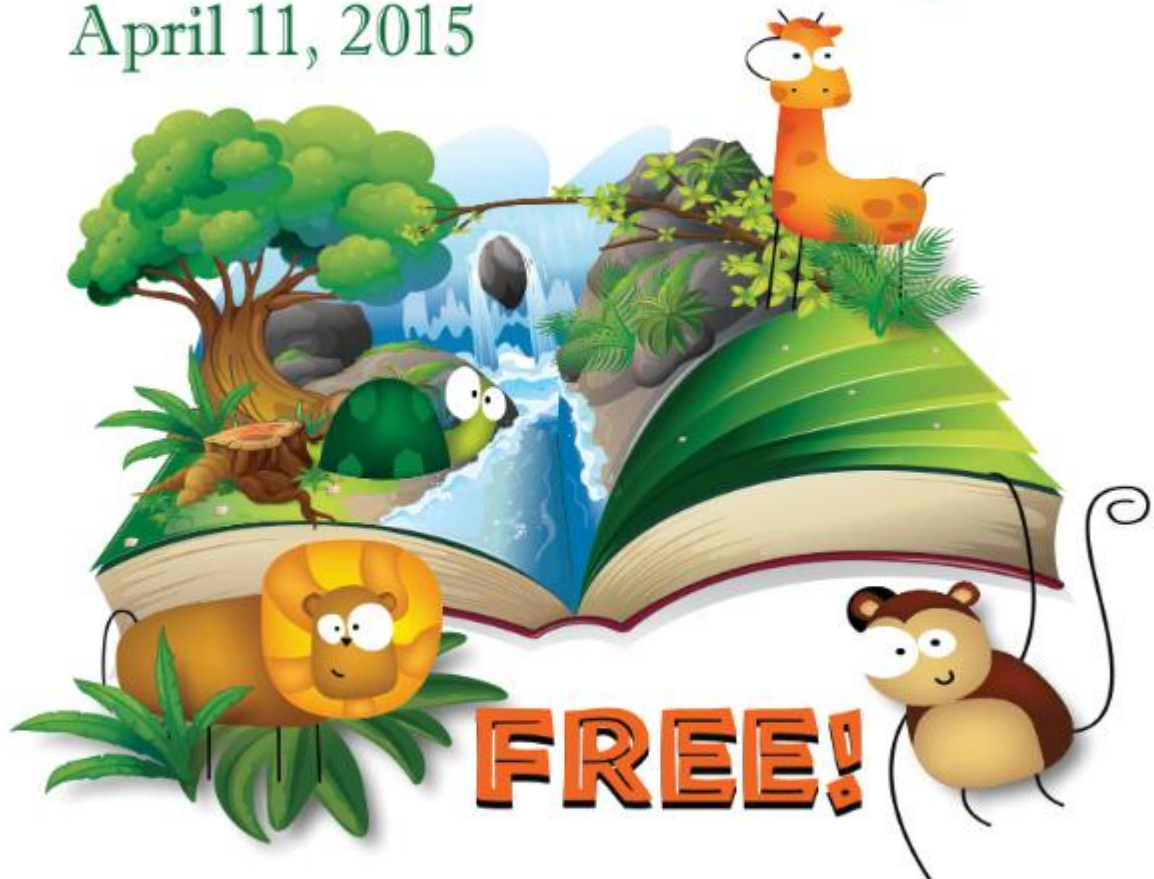
A Celebration of the Military Child



# SAFARI DAY

Grant Library  
April 11, 2015

1:00-3:00 p.m.



Crafts! Story Time! Refreshments!

Open to all DoD ID holders

Call 526-2350 for more information.



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



Carson Grant  
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



@carsonmwr  
[#carsonmwr](https://twitter.com/carsonmwr)



Grant Library  
1637 Flint St., Bldg. 1528



**KIDS OBSTACLE COURSE AND TREASURE HUNT (FLYER)**



**CELEBRATE!**  
Military Children  
April is the Month of the Military Child

# Kids Obstacle Course and Treasure Hunt



**April 4, 2015**

**Waller Physical Fitness Center**

**10 a.m - 12 p.m.**

**Ages 2-5**

# Free

In support of the Month of the Military Child,  
Waller Physical Fitness Center will be offering a  
Kids obstacle course with a treasure hunt!  
Toys and goodies to be found along the course.



**Questions? Call 526-2742**



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



Waller Physical Fitness Center  
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



[@carsonmwr](https://twitter.com/carsonmwr)  
[#CarsonMWR](https://twitter.com/CarsonMWR)



Waller Physical Fitness Center  
6946 Magrath Ave., Building 2357  
Fort Carson, CO 80913

### **MILITARY CHILD APPRECIATION BLUE PIN BOWLING DAY**

Military Parents and Children, join Army Community Service and Thunder Alley Bowling Center as we celebrate "Month of the Military Child" with free blue pin bowling, free pizza and great parenting resources on Saturday, April 11th from 12:30 to 5:00 p.m. at Thunder Alley Lanes. It will be a great time to celebrate our military families! Cosmic Bowling from 1 to 3 and Regular bowling from 3 to 5. Join ACS as we celebrate Military Children on Saturday April 11th at Thunder Alley Lanes. Call 719-526-1991 for more information.



ARMY COMMUNITY SERVICE

**MILITARY CHILD  
APPRECIATION  
BLUE PIN BOWLING DAY**

**SATURDAY, APRIL 11**  
**12:30 TO 5 P.M.**  
**THUNDER ALLEY LANES**  
**BUILDING 1511**

**FREE PIZZA**  
**BOWLING FUN**  
**PARENTING RESOURCES**

For more information, call (719) 524-1991, or visit  
the ACS website at [www.carson.army.mil/acs](http://www.carson.army.mil/acs)  
for details. No Registration Required.

## MILITARY FATHER-DAUGHTER BALL (FLYER)



### A MAGICAL NIGHT FOR FATHERS & DAUGHTERS

**Saturday, April 11, 2015**

All Service Branches Welcome

#### **Antlers Hilton Hotel**

4 South Cascade Colorado Springs, CO 80903

**5:30 – 9:30 pm**

(Doors open at 4:00pm)

#### **Cost:**

- \$35 E-5 and below; \$45 all others
- \$15 for each additional daughter
- Admission includes a light dinner and a dance

#### **Pre-Event Activities:**

- 4:00 pm – 9:00 pm  
Carriage Rides
- 4:00 pm – 5:20 pm  
Princess Make Up Session & Father Daughter Pictures

#### **Dress:**

Mess Dress or Class A for Active Military; Business attire for Retirees and civilians; Party dresses for daughters

**Register online  
at [ppymca.org/register](http://ppymca.org/register)**

Search 2015 Military Father Daughter Ball

February 1 thru March 31

For more information please call contact  
Drew Aquino, Military Outreach Director at  
[daquino@ppymca.org](mailto:daquino@ppymca.org) or 719.622.9622.

Financial assistance is available through the Y Assist Program.





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## MILITARY MOTHER DAUGHTER TEA (FLYER)



**“BECOMING A PRINCESS OF KINDNESS”**

**Saturday May 2, 2015**

**SOUTHEAST ARMED SERVICES YMCA**

Community Room A & B

**9:30 am – 1:00 pm**

Please join us for the 5<sup>th</sup> annual Military Mother & Daughter Tea. A dress up affair with a surprise visit by Fairy God Mother. Please bring your camera.

**Cost:**

**\$25** Military Affiliated & YMCA Members; **\$35** for Non-Members

- **\$10** for each additional Daughter
  - Includes Mother & Daughters ages 2-17
- Limited seating & childcare availability. Certain restrictions apply.

**Event Activities:**

9:30 – 10:30 am  
Crowning Ceremony  
10:30 am – 1:00 pm  
Program

**Register online  
at [ppymca.org/register](http://ppymca.org/register)**

**2015 Military Mother & Daughter Tea**

**February 1 thru April 26**

For more information please call contact  
Drew Aquino, Military Outreach Director at  
[daquino@ppymca.org](mailto:daquino@ppymca.org) or 719.622.9622.

Financial assistance is available through the Y Assist Program.





The flyer is for a 'Denim & Diamonds' event. The title is in a mix of script and diamond-encrusted serif fonts. The date and time are prominently displayed in red. The ticket price is large and bold. A starburst graphic says 'SPACE LIMITED!'. The event details include dinner, dancing, prizes, and a silent auction. A note about childcare is included. The MPSC logo features a mountain and stars. The website URL is at the bottom right. An illustration of a person's legs in jeans and red shoes is on the right side.

# Denim & Diamonds

**APRIL 17, 2015**  
**6:00 PM** **ELKHORN  
CONFERENCE CENTER**

**\$15.00**

TICKETS MUST BE PURCHASED IN ADVANCE  
LOCATIONS AVAILABLE ON OUR WEBSITE

**Dinner Dancing Prizes  
Silent Auction Entertainment**

Childcare available. \$4 .00 per hour. Child(ren) must be registered with CYS.  
Reserve by April 10, 2015 with mpssc.reservations@gmail.com.

**ALL PROCEEDS TO  
BENEFIT THE MPSC  
SCHOLARSHIP AND  
WELFARE FUNDS**


**MPSC**  
Mountain Post Spouses' Club

**SPACE  
LIMITED!**

[www.MPSC.us](http://www.MPSC.us)



**NATIONAL LIBRARY WEEK (FLYER)**



# National Library Week!

**April 14-18 at Grant Library**


## Free!


**Story Teller and Event on April 18, 2015**  
**From 1p.m. to 2p.m**


**Free Giveaways to the First 20 Patrons**


**Open to all DoD ID holders**

**Call 526-2350 for more information.**

 More Events and Info at [MWRFortCarson.com](http://MWRFortCarson.com)

 Carson Grant  
CarsonDFMWR

 @carsonmwr  
#carsonmwr

 Grant Library  
1637 Flint St., Bldg. 1528



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## **NO-COST ONLINE TAX PREPARATION AND FILING SERVICE**

The Military OneSource no-cost, online tax preparation and filing service launches in early January 2015. If you are eligible under the Military OneSource program, you can complete, save and file your 2014 federal and up to three state returns with a custom tool made available through the Military OneSource website. You must start your return from the Military OneSource online tax filing link to access this no-cost offer. This year, the tax preparation and filing tool allows you to include rental property income, second mortgages and charitable donations. The tool also has these new features:

- **Optimized for mobile devices.** Start, continue or finish your taxes on any mobile device from within a mobile browser.
- **Product customization for returning users.** Returning users now experience a much deeper customized interview focusing on everything we already know about you.
- **Refund Reveal™.** Use this feature to see how and why your refund amount increases or decreases.

If you created an account last year through Military OneSource, your login credentials for that account will still work and you will be able to access last year's personal tax information.

- For assistance logging in to Military OneSource, please call 888-363-6431 or submit a support request form.
- For technical assistance with the tax filing tool, please call 800-472-5625.
- To learn more about the tax filing service, please see the FAQs.
- For any questions regarding filing an extension through the software, please contact a Military OneSource tax counselor (800-342-9647) for further information.

The Internal Revenue Service will begin processing e-file returns during January 2015. If you complete your returns with the service offered through Military OneSource prior to the Internal Revenue Service processing date, your files will be held in a pending status. Once e-file opens, the system automatically submits the return to the Internal Revenue Service.

### **Military OneSource tax counselors**

If you have questions about this tax service or about your own tax returns, please call 800-342-9647 and ask to speak with a Military OneSource tax counselor. Trained tax counselors are available Monday through Friday, 8 a.m. to 10 p.m. Eastern time year-round and with extended hours during tax season: seven days a week from 7 a.m. to 11 p.m. Eastern time.

### **Reminders**

- Be sure to access the online tax preparation and filing software through the link provided on the Military OneSource website.

- Remember to wait until you receive all of your W-2s and other tax documents before you file your return. Otherwise, you may have to amend your return.
- Remember that e-filing is subject to the Internal Revenue Service calendar. Though you may be able to complete your return, it will not be submitted to the Internal Revenue Service until the Internal Revenue Service begins accepting e-file returns. For more information, access the [IRS.gov](https://www.irs.gov) website.
- If you are prompted for payment of any kind while using the no-cost service, please call Military OneSource (800-342-9647) immediately for assistance.
- No-cost filing through Military OneSource allows for one federal and up to three state returns per user.

#### **Best practices for filing your taxes**

- Have all of your documents and information ready when preparing your taxes (Social Security number, Taxpayer Identification Numbers, W-2s, 1099 forms, expense documents, bank account information in case of refund, etc.).
- Be sure to disclose all of your income from the year (including wages, investments, etc.).
- Determine the best way to file for yourself (prepare your taxes online, paper file or take them to a preparer).
- File early (it's best to do it once you receive all of your documents, reducing the risk of misplacing them, reducing the wait time for receiving a refund and/or avoiding penalties for late filing).

#### **Military W-2s**

You may have access to military W-2s and other tax statements through your [myPay](#) account on the [Defense Finance and Accounting Service website](#). Please note that:

- A schedule for when these tax statements will be available on myPay or mailed to your address is usually posted on the [Defense Finance and Accounting Service website](#) between mid-November and mid-December each year.
- Service members who have separated may also access myPay for a year after separation. Therefore, it is important to keep myPay login information available, as it will save time when you are ready to file your taxes. For more information, visit the [myPay website](#).

# Military OneSource

## Offers **FREE** Tax Consultation & eFiling

- ✓ Maximize your refund
- ✓ Take advantage of our simple, easy process
- ✓ Use your tax refund wisely - save money and pay off debt

Visit **MilitaryOneSource.mil** to file your federal and state taxes.



*Call.* 1-800-342-9647    *Click.* [MilitaryOneSource.mil](http://MilitaryOneSource.mil)    *Connect.* 24/7

Provided by the Department of Defense at no cost to service members  
(active duty, Guard, and Reserve) and their family members.



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## NUTRITION FOR INJURY RECOVERY (FLYER)



# Nutrition for Injury Recovery



- What should you eat to aid in recovery?
- How do you adjust food intake when exercise is decreased?
- How do you avoid gaining weight when injured?

**What:** Nutrition Class

**Where:** Army Wellness Center

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of month  
*1100- no appointment necessary*

**Who:** Any injured active duty soldier

- 25% of soldiers enrolled in overweight program are on profile
- Soldiers don't adjust intake to account for decreased activity
- Soldiers do not know what foods enhance recovery from injury

Call NCD for more information 719-526-7290

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## **OPERATION PURPLE TETON SCIENCE SCHOOLS SUMMER CAMP (FLYER)**

Teton Science Schools in Jackson, Wyoming is offering a free summer camp from July 13-17, 2015 for military kids who are between the ages of 11 and 17 and who have parents who have been, are currently, or will be deployed. The camp is co-sponsored by Operation Purple - a program of the National Military Family Association.

# **FREE SUMMER CAMP FOR MILITARY KIDS**

## **at Teton Science Schools**

**For ages 11-17 • July 13-17, 2015**

**Embark on an adventure of a lifetime  
in beautiful Jackson Hole, Wyoming!**



Join military kids from across the country in an exciting exploration of the natural wonders of Grand Teton National Park.



- Canoe glacially carved lakes
- Develop your outdoor leadership skills on the Doug Walker Challenge Course
- Hike the trails
- Make a difference through service projects in this inspiring landscape!



**Come make new friends and celebrate being a military kid while having fun in the Tetons!**



**OPERATION  
PURPLE®**

A Program of the  
National Military  
Family Association

**The National Military Family Association's  
Operation Purple® camps offer a free week  
of fun for military kids with parents who have been,  
are currently, or will be deployed.**

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### **RED CROSS YOUTH VOLUNTEER PROGRAM**

The Fort Carson Red Cross, on behalf of EACH, offers a unique Youth Volunteer Summer Program from May 26-July 31. Applications will be available for pickup in the hospital Red Cross office, room 1011 starting March 23. This program is designed so that the participants can "try on" a career in health, learn new skills, serve the community, and earn volunteer hours. Interested youths must be between the ages of 14-17 years old, hold a military identification card, and submit a completed Red Cross Summer Volunteer Youth Program application by April 17. For more information contact the American Red Cross at 526-7144.

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### **SCREAM FREE PARENTING YOUR TEENAGER (FLYER)**



**Army Community Service (ACS) Family Advocacy Program (FAP)**

**screamfree**  
**PARENTING**  
**-Your TEENAGER- SEMINAR**

**Thursday, April 9<sup>th</sup> 2015**

**11:30 a.m. to 1 p.m.**  
**The HUB, Building 1532**

Hal Runkel is the New York Times bestselling author of *ScreamFree Parenting* and *ScreamFree Marriage*.

**For more info, call (719) 524-1991 or register at [www.carson.army.mil/acs](http://www.carson.army.mil/acs)**



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## **SOCIAL NETWORKING SAFETY TIPS (FLYER)**

Overview: Social networking sites allow people to interact with others and find people with similar interests or backgrounds. Social networking sites enjoy worldwide popularity, underscoring the need to understand potential risks associated with the use of these sites. A person's online activities may inadvertently expose excessive information about their identity, location, relationships, and affiliations, creating an increased risk of identity theft, stalking, or targeted violence.

A safer social networking experience is available by accepting some basic assumptions and following a few recommendations.

### **Assumptions:**

- Once something is posted on a social networking site, it can quickly spread. No amount of effort will erase it - the Internet does not forget.
- You are not anonymous on the Internet.
- There are people on the Internet who are not who they purport to be and will take advantage of you if afforded the opportunity.
- Participating in more social networking sites increases your attack surface and overall risk.
- Everyone on the Internet can see what you post, from where you post it, who your friends and associates are, the comments your friends make and your "witty" replies.
- An embarrassing comment or image will come back to haunt you ... one day ... when you least expect it ... at the least opportune time.
- There is a complete record of your online activity...somewhere.

### **Recommendations:**

- Do not post anything you would be embarrassed to see on the evening news.
- Do not accept friend/follower requests from anyone you do not know; independently verify identities.
- Avoid using third-party applications; if needed, do not allow them to access your social networking accounts, friends list or address books.
- Do not post personally identifiable information.
- Do not allow others to tag you in images they post. Doing so makes you easier to locate and accurately construct your network of friends, relatives and associates.
- Securely configure your social networking accounts to minimize who can see your information.
- Do not use "check-ins." If check-ins are enabled, disable them. Do not post your specific location.
- Be cautious when accessing online accounts from public Wi-Fi connections. Someone might have installed software capable of capturing your login credentials and other sensitive information.
- Do not use the save password, remember me or keep me logged in options from public or shared computers.
- Limit social networking to personal use.
- Do not use the same password for all of your accounts. Make sure the passwords for your financial sites are not permutations of your other passwords.
- Do not use your social networking site to login to other sites. Create another user account on the new site instead --Use strong, unique passwords. Consider passphrases for an additional level of safety.
- Keep anti-virus software current.
- Do not arrange meetings with people you meet online.

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**Contact Information:**  
**Cyber Criminal Intelligence Program**  
27130 Telegraph Road  
Quantico, Virginia 22134

**Phone:** 571.305.4482 (DSN 2401)

**Fax:** 571.305.4189 (DSN 2401)

**E-mail:**  
[usarmy.ccintel@mail.mil](mailto:usarmy.ccintel@mail.mil)

**CCIU Web Page:**  
[www.cid.army.mil/cciu.html](http://www.cid.army.mil/cciu.html)



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"DO WHAT HAS TO BE DONE"

## Social Networking Safety Tips

### Overview:

Social networking sites allow people to interact with others and find people with similar interests or backgrounds. Social networking sites enjoy worldwide popularity, underscoring the need to understand potential risks associated with the use of these sites. A person's online activities may inadvertently expose excessive information about their identity, location, relationships, and affiliations, creating an increased risk of identity theft, stalking, or targeted violence. A safer social networking experience is available by accepting some basic assumptions and following a few recommendations.

### Assumptions:

- Once something is posted on a social networking site, it can quickly spread. No amount of effort will erase it – the Internet does not forget.
- You are not anonymous on the Internet.
- There are people on the Internet who are not who they purport to be and will take advantage of you if afforded the opportunity.
- Participating in more social networking sites increases your attack surface and overall risk.
- Everyone on the Internet can see what you post, from where you post it, who your friends and associates are, the comments your friends make and your "witty" replies.
- An embarrassing comment or image will come back to haunt you... one day...when you least expect it...at the least opportune time.
- There is a complete record of your online activity...somewhere.

### Recommendations:

- Do not post anything you would be embarrassed to see on the evening news.
- Do not accept friend/follower requests from anyone you do not know; independently verify identities.
- Avoid using third-party applications; if needed, do not allow them to access your social networking accounts, friends list or address books.
- Do not post personally identifiable information.
- Be cautious about the images you post. What is in them may be more revealing than who is in them. Images posted over time may form a complete mosaic of you and your family.
- Do not allow others to tag you in images they post. Doing so makes you easier to locate and accurately construct your network of friends, relatives and associates.
- Securely configure your social networking accounts to minimize who can see your information.

### CONFIGURATION GUIDES

- [Facebook](#)
- [Twitter](#)

CLICK FOR DETAILED RECOMMENDATIONS  
ADDITIONAL GUIDES FORTHCOMING

## Recommendations (continued):

- Do not use "check-ins. If check-ins are enabled, disable them. Do not post your specific location.
- Be cautious when accessing online accounts from public Wi-Fi connections. Someone might have installed software capable of capturing your login credentials and other sensitive information.
- Do not use the save password, remember me or keep me logged in options from public or shared computers.
- Limit social networking to personal use.
- Do not use the same password for all of your accounts. Make sure the passwords for your financial sites are not permutations of your other passwords.
- Do not use your social networking site to login to other sites. Create another user account on the new site instead.
- Use strong, unique passwords. Consider passphrases for an additional level of safety.
- Keep anti-virus software current.
- Do not arrange meetings with people you meet online.

For more information about computer security and other computer related scams, we encourage readers to visit the [CCIU website](#) to review previous cyber crime alert notices and cyber crime prevention flyers.

## Additional Resources

- [Safer Computing and Social Networking](#), USA.gov
- [11 Tips for Social Networking Safety](#), Microsoft
- [Social Networking Safety](#), National Crime Prevention Council
- [Staying Safe on Social Network Sites](#), United States Computer Emergency Readiness Team
- [Kids and Socializing Online](#), OnGuardOnline.gov
- [Facebook Help Center](#)
- [Twitter Help Center](#)



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**The Army's Digital Detectives**



**SPRING MOUNTAIN BIKE TRIPS (FLYER)**



# Spring Mountain Bike Trips

**April 22 and May 6 • 5:30-8:00 p.m.**

**\$10 per person.**

Price includes bike rental



Whether it's your first time without training wheels, or you are a local expert, sign up for this course to ride some new trails and pick the brain of our expert instructors. We'll cover basic technique and on-the-trail mechanics while enjoying some local riding. Class meets at the Outdoor Recreation Complex.

**Questions? Call 526-3907**



More Events and Info at  
[MWRFortCarson.com](http://MWRFortCarson.com)



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Outdoor Recreation Complex  
7093 Specker Ave. Bldg. 2429

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### **TEEN EMPLOYMENT EVENTS**

April 11, 18 and Teen Career Fair on April 30

Army Community Service (ACS), Employment Readiness Program (ERP), has partnered with Directorate of Family and Morale, Welfare and Recreation (DFMWR), Child, Youth and School Services (CYSS) Program to host a Teen Career Fair. The Teen Career Fair is scheduled for April 30 from 3:30-7 p.m. at the Youth Services Center, 6181 Ware St., building 5950 Colorado Springs, CO, 80913. This event will provide teens an opportunity to improve employment related skills and to network with local employers and Military Spouse Employment Partnership (MSEP) partners.

In addition to the job fair, there will be two workshops for teens that will help them prepare for the job fair. The first workshop (Resume Review & Interview Techniques) will be held April 11 from 2-4 p.m. and the second workshop (Dress for Success - Mock Interviews) will be held April 18 from 2-4 p.m. Location for all events is the Youth Services Center, 6181 Ware St., building 5950 Colorado Springs, CO, 80913. For more information, call ACS Employment Readiness at 526-0452; registration is online at [www.carson.army.mil/acs](http://www.carson.army.mil/acs).

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### **WOMEN'S HISTORY MONTH**

The 4th Infantry Division Equal Opportunity team and 4th Infantry Brigade Combat Team present a Women's History Month observance March 30 from 2-3 p.m. at the Elkhorn Conference Center. This year's theme is "Weaving the Stories of Women's Lives."

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